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# 2023 Jack Speakmon Memorial Regatta

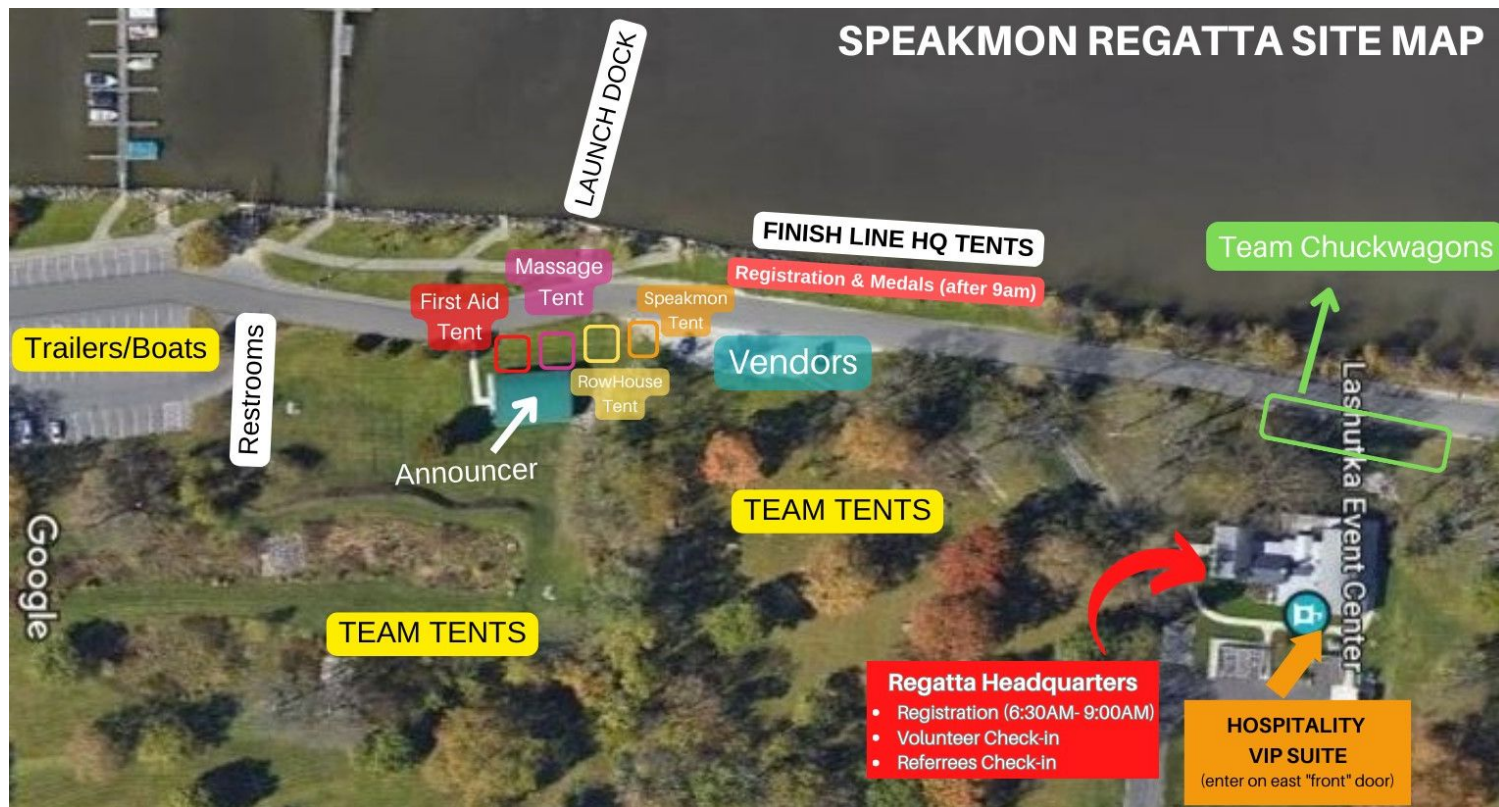
— Coach and Coxswain Meeting —

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# Site Map



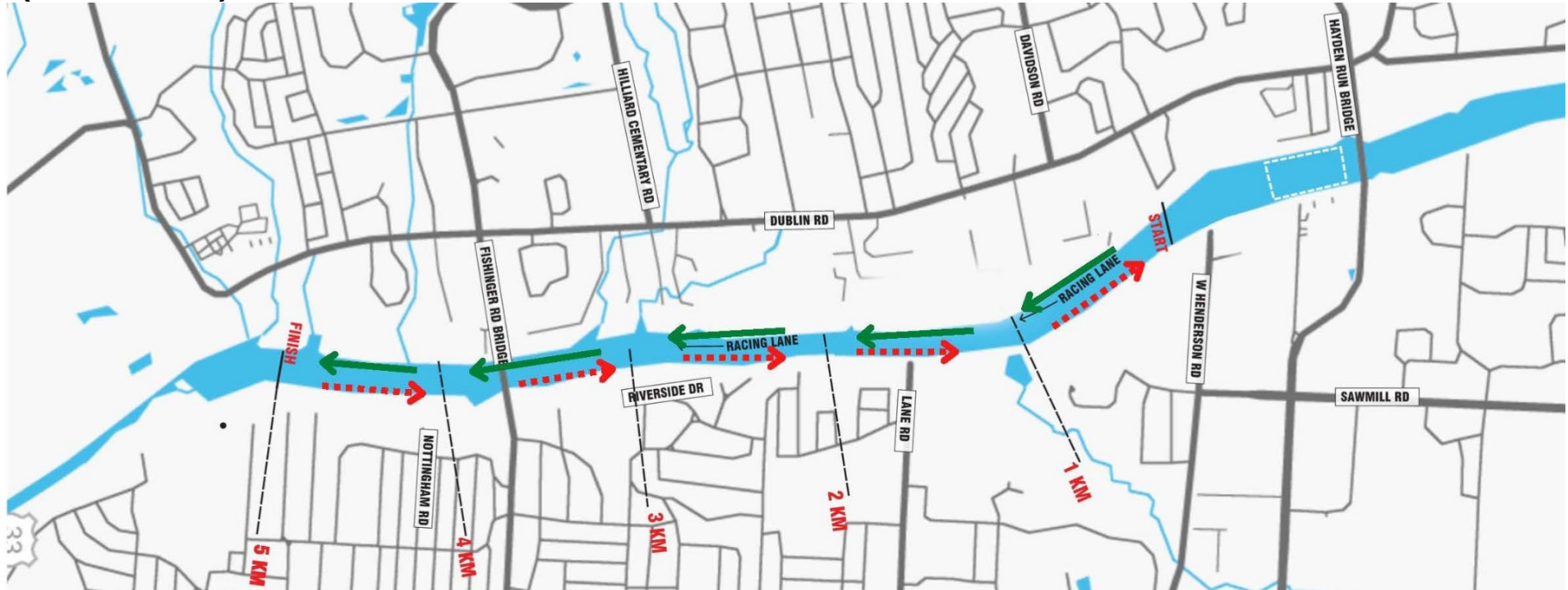
## Registration Pick up:

- 6:30AM to 9:00AM= Inside Lashutka (Regatta HQ)
- AFTER 9:00AM, Registration and Medals will be at the Finish Line Tents

# Course Map

(SOUTH END)

(NORTH END)



- Partially buoyed course approximately 4,700 meters (2.919 mi) long
- Right-hand pattern along the river, traveling in a counter-clockwise pattern
- When racing, be mindful of private docks along the west shore!! (starboard side)

# Launching

- **First and ONLY call is 60 minutes** prior to start of the race
- All crews should allow **at least 35-45 minutes** to launch and row to the start line to make their scheduled event.
- Crews will NOT be permitted to launch if within 30 minutes of their race start time.
- Novices should launch 60 minutes ahead
- Crews that arrive late to the start line may be excluded from their race
- If you want to do drills and warm-up slowly, launch 60 minutes ahead!

# Launching

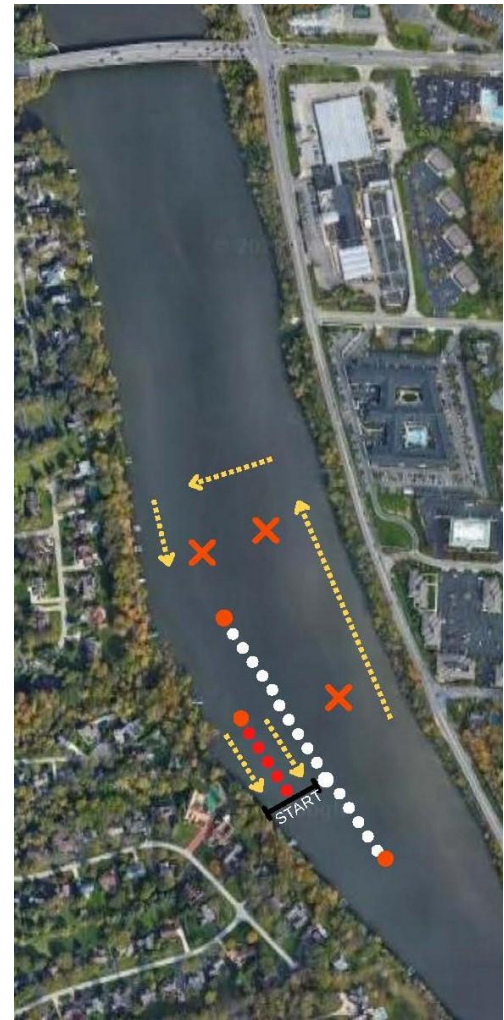
- Listen to the dockmasters and referee
- Boat will be checked for safety measures per US Rowing's guidelines
  - Shoe Heel Ties, Bow Ball, Sealed decks, etc.
- BOW NUMBERS GIVEN
- CHECK YOUR BIB NUMBER (Worn on the bow rower's back)
  - If hot seating, pay EXTRA attention to your bow bib numbers! Did you change it?
  - Crews with the incorrect bib number (or missing bib) will not be permitted to launch.
- BE QUICK, it's a short dock

# HOT SEATING

- Tell the dockmaster when launching that this boat will be hot seating
- After you cross the finish line, tell the nearby launch boat
- Proceed to row a little further south (to avoid collision with other finishing race boats)
  - THEN turn 90 degrees towards the other shoreline & row across the river.
  - TURN LEFT to head back north, towards the Launch Docks.
- Let the Dockmasters know you're hotseating, and LISTEN TO THEM
  - You may have to wait. Be aware of drifting into obstacles.
- HAND IN YOUR BOW NUMBER
- MAKE SURE YOU GET A **NEW BOW NUMBER**
- **CHECK YOUR BOW ROWER'S BIB NUMBER!!**

# Start Line

- Small White Dots = White Can Line
  - Separates up river from down river traffic
  - Has two small orange buoys at the start and finish of the can line.
- Medium White Dot = Medium Buoy in line with the Start Line
- Red Dots= Red Can Line
  - Separates the two starting lanes
- Orange X = large buoys
  - You will travel AROUND these large buoys, keeping them to your PORT SIDE
- Additional buoys will be placed throughout the course, in the middle. Keep these buoys to your PORT SIDE



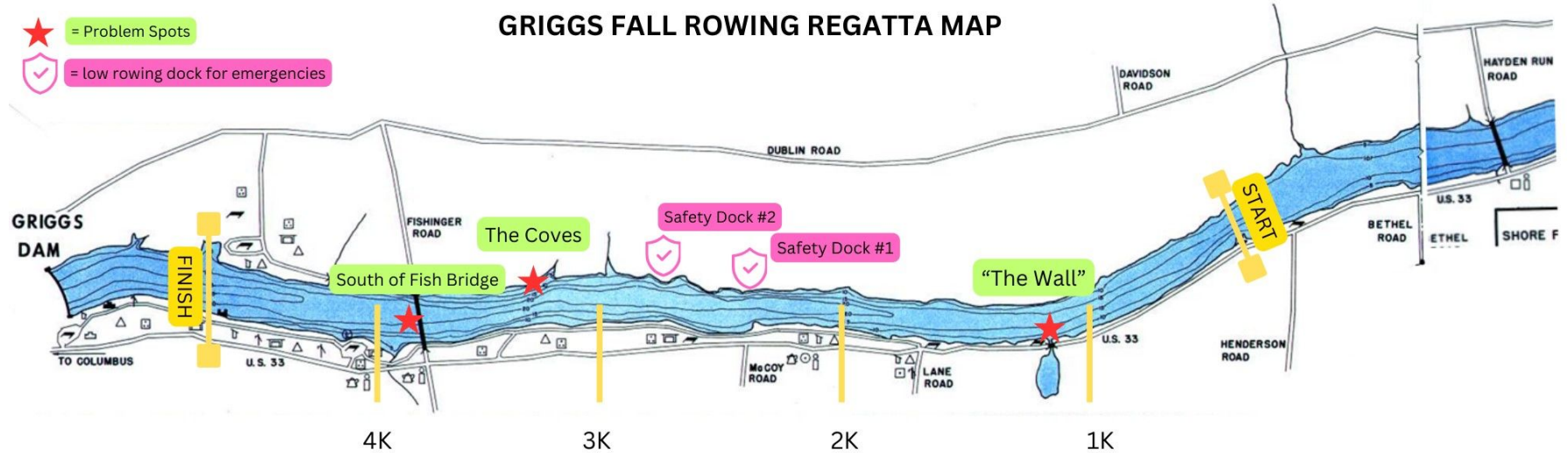


# Start Line Rules

- Be at the start line **5 minutes before your race time**. Late crews may be excluded from their race, per Official's discretion.
- Do NOT row under Hayden Run Bridge, you will turn BEFORE the bridge.
- Try to stay in bow number order, letting lower numbers row past you.
- Once you're lined up on the west side of the river, listen closely to the call.
- IT WILL BE A FLYING START.
- When the official says row to the start, you may begin building speed.
  - You will first see the white can line on the port side, then soon the red can line
  - You should be near full race speed by time you approach the red can line.
- You should hear the Horn indicating you crossed the start and are on the clock.
- Officials will try to start boats every 5-10 seconds.

# Problem Areas

GRIGGS FALL ROWING REGATTA MAP

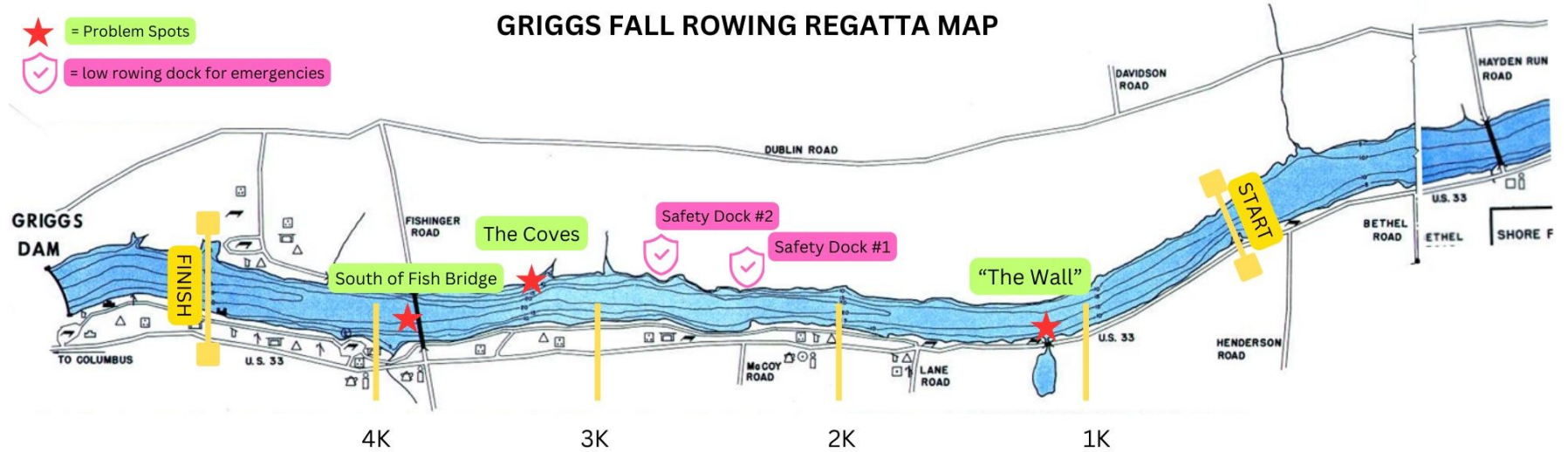


Additional buoys will be placed throughout the course, in the middle of the river.

**Keep these buoys to your PORT SIDE**, as this indicates the separation from upstream and downstream traffic.

# Problem Areas

GRIGGS FALL ROWING REGATTA MAP

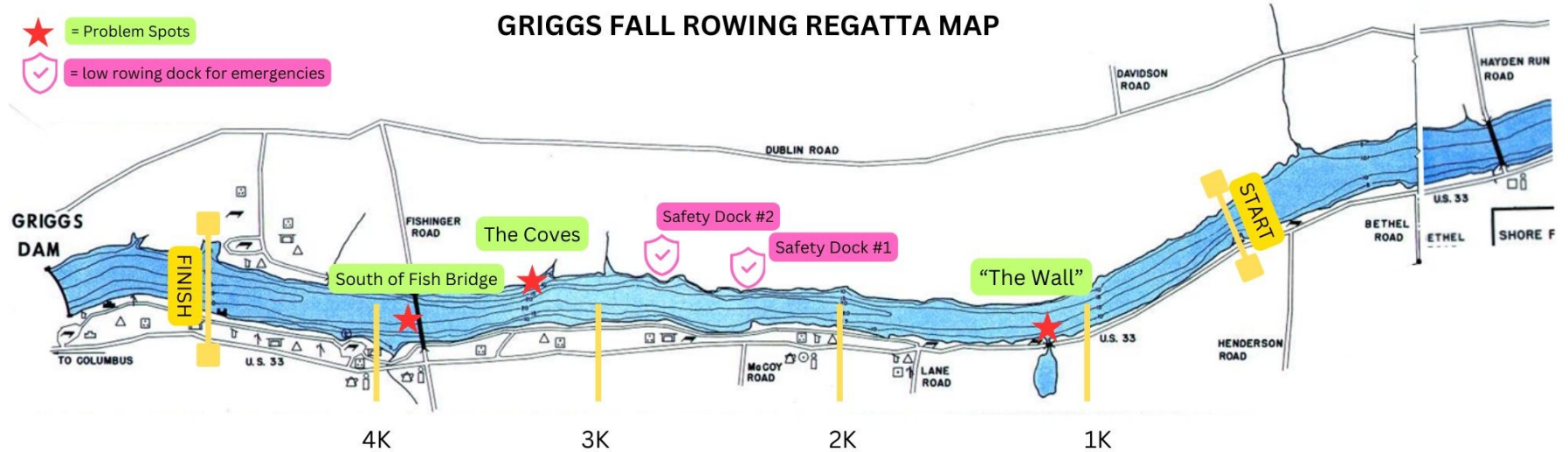


## THE WALL

- The only big bend on the race course
- HUG the SHORE and Keep the buoy to your PORT SIDE

# Problem Areas

GRIGGS FALL ROWING REGATTA MAP

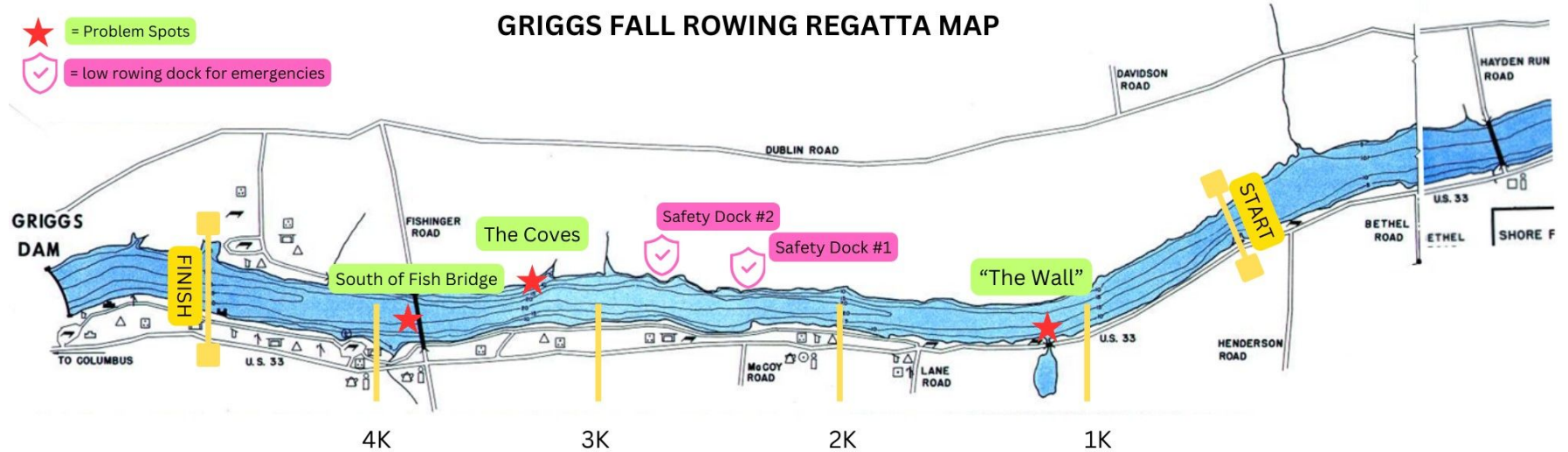


## THE COVES

- The river widens as a couple coves appear after “Safety Dock #2” area
- You can easily drift too far off course, towards the shore
- Keep your point to the bridge and look at your line often

# Problem Areas

## GRIGGS FALL ROWING REGATTA MAP

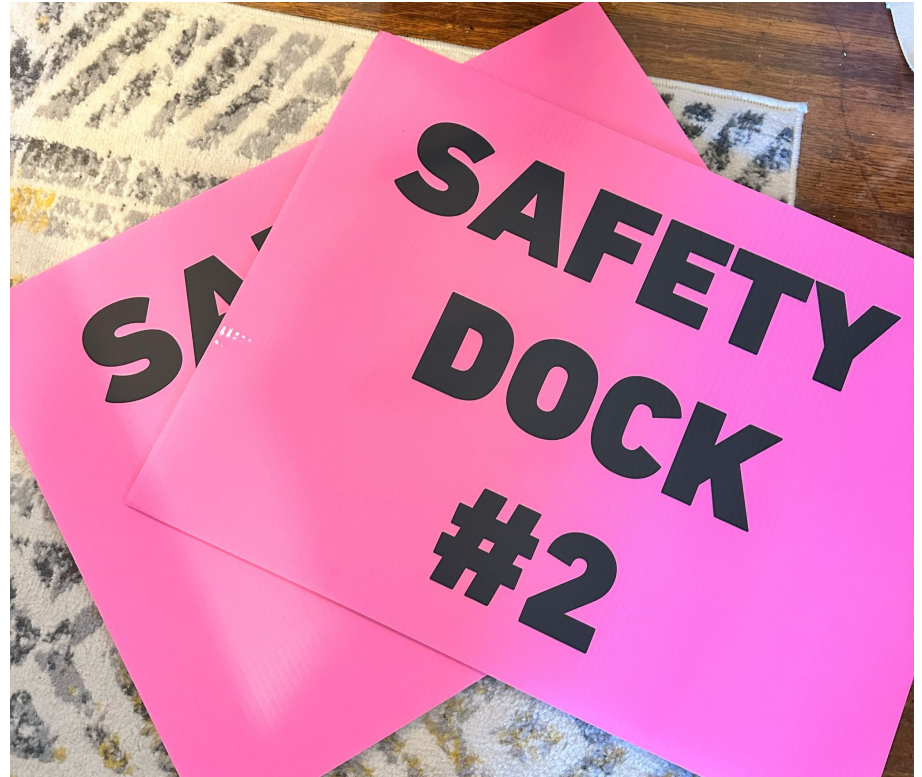


### SOUTH OF FISHINGER BRIDGE

- After you row under Fishinger Bridge, **HUG the SHORE**
- The river gets narrow and there's increased boat traffic coming upstream
- **Keep buoys to your PORT SIDE**
- There should be a safety launch stationed in the middle of the river to help separate upstream and downstream traffic

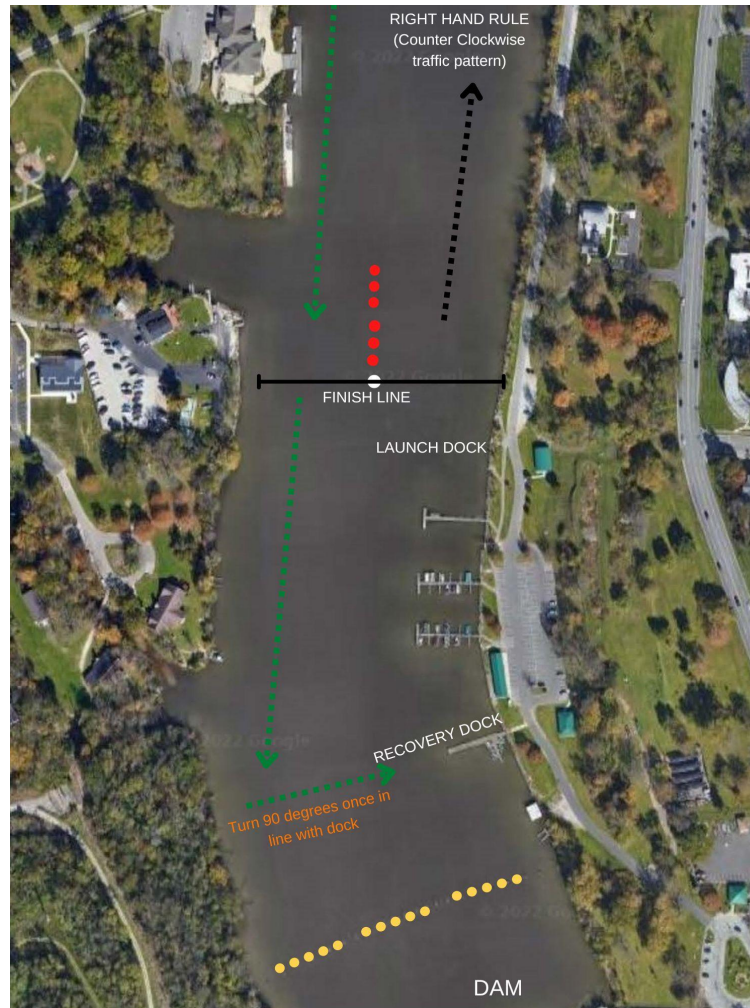
# SAFETY DOCKS #1 & #2

- **Bright Pink Sign**
- **Private Rowing Docks**
  - Low and safe for 1x and 2x to dock if needed for emergencies
  - Safety Launches can idle here or take rowers to for emergencies
- **Good course marker**
  - ~2,500m area
- **Also available at the Haxton**



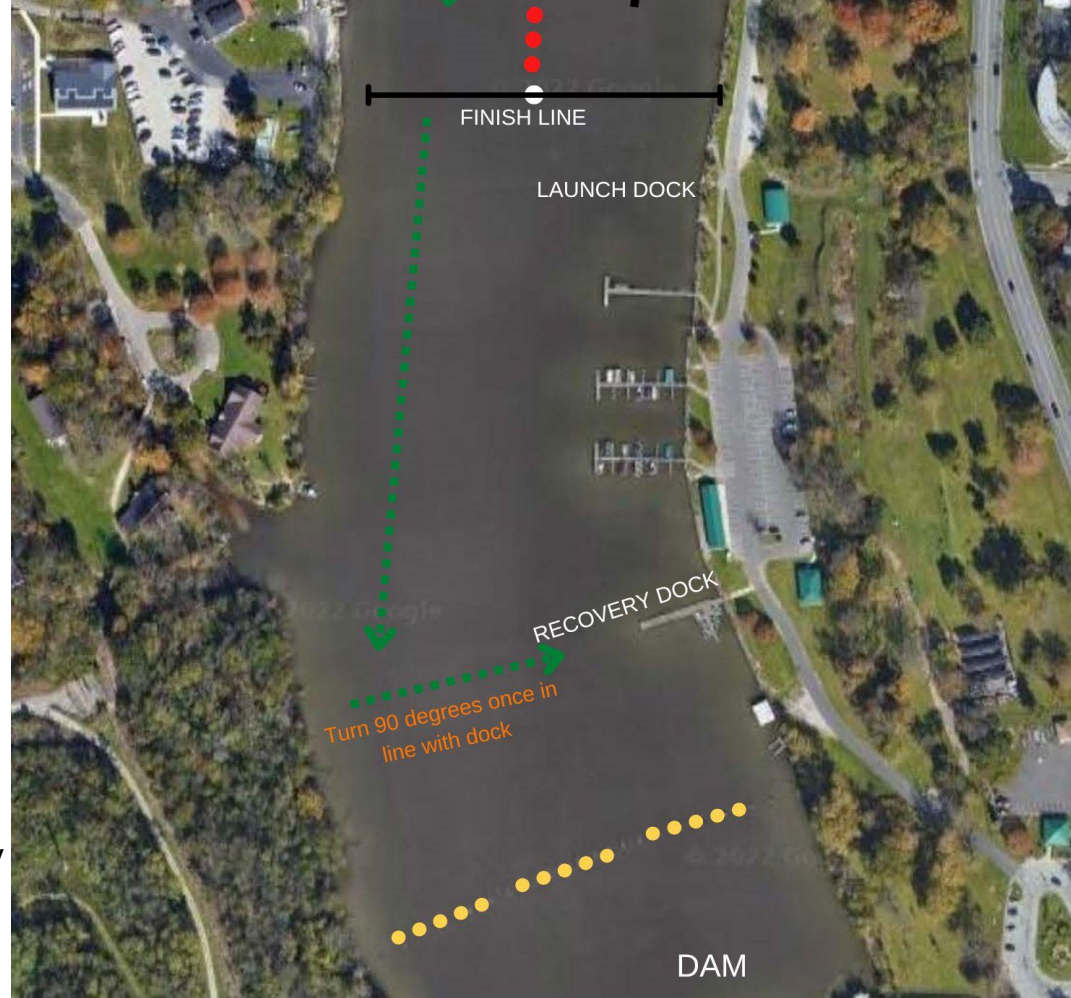
# Finish Line

- Once you pass the bridge, hug the shoreline
- The finish line is marked by:
  - **A line of small red bouys with a WHITE one being last**, indicating the finish line.
  - Keep these bouys to your PORT side
- Loud horn sound for every boat that crosses the finish line
- Keep paddling south to avoid congestion at the finish line!



# Recovery Dock

- Continue rowing south towards the dam
- **TURN 90 DEGREES** once you reach **IN LINE** with the recovery dock.
- Bow pointed at the recovery docks
- Row across, being mindful of wind and currents.
- If there's heavy winds and currents you may need to point more north of the docks
- The **yellow dots** indicate the Dam's safety line of floating barrels- Don't get blown into these!





# Recovery Dock Continued

- The recovery dock is 2x longer than the launch dock.
- You can dock on either side
  - Dockmasters may close one side depending on weather conditions
- Listen to the Dockmasters
- BE QUICK
- Give your bow number to the dockmasters

## Speakmon 1k Race Course

# 1k Race Course

Parent/Child 2x

Alumni Races



After launching, head North and go through the bridge (orange arrow). Look and listen for the Safety Launch, and spin WHEN they tell you to.

When you get the clear, you will turn 90 degrees port and cross the river.

Referee will tell you when to start, you will want to build up speed quick as the Start Line is just South of the bridge!

You'll want to hug the shoreline on Starboard Side.

The Finish Line is the same location as the other races.

The Course is approx. 1,000m.

# Rower's Safety

## HYPOTHERMIA

- Still a risk even if you get back in the boat and finish your race
- TEAMMATES: Look out for your teammate who flipped, even if they seem OK on land.
  - Find an adult from your team, have them assist
  - Do NOT leave your teammate to walk off alone
  - They need to immediately find dry clothes to change into
  - Have them go into the LASHUTKA building (Regatta HQ or VIP Suite)
    - Tell our volunteers you flipped and need to get warm
    - You can change in the nice big bathrooms, and hang out until your body warms up
  - I want any flipped rower to check-in with First Aid, Police Officers, or staff at the Regatta HQ (Lashutka)

# HYPOTHERMIA

## Signs and Symptoms for MILD Hypothermia:

- pale and cool to touch as blood vessels constrict in the skin
- numbness in the extremities
- sluggish responses, drowsiness or lethargic
- shivering
- increased heart rate and breathing.

# Medical Emergency

## Coaches:

- Be aware of your rowers with Diabetes, Epilepsy, Asthma and any other conditions that might affect them on the water
- *Should your coxswain carry an inhaler or sugary snacks??*

## Rowers and Coxswains:

- Rowers please yell and grab your boats attention if you see a teammate slump over or stopped rowing and looks distressed
- Stop the boat and get the attention of a launch boat- wave your hands in the air

# On-the-Water Medical Emergency

- Our regatta plan is to have the Start Line HOLD all remaining starts, while the current boats on the clock can continue racing down the course.
- Safety Launch Boats will assist the medical emergency, and warn oncoming crews if there's a stopped boat on the course ahead.
- Once the Officials determine the course is clear and safe, the races will resume.

# Motorized Boats

- Per Columbus City's rules, Griggs Reservoir cannot be closed to the public, meaning motor boats can still idle along the course.
- There is a NO-WAKE rule enforced throughout the entire race course (From the Dam all the way up to Hayden Run Bridge)
- Any small fishing boats SHOULD only be on the east side of the river
  - Watch out when heading up towards the start line
- If you see the Police Boat going full speed- it is due to an emergency
  - That is the ONLY time they will be waking
  - Same with the Regatta Safety Launches

# Traffic Rules

- **Boats racing have the right of way over all other boats.**  
*Any non-racing boat that interferes with a race will be subject to possible exclusion from its race.*
- **Passing is done at the risk of the overtaking crew.**  
*However, if a crew is within 1 length and is closing on the crew ahead of them, they are obliged to politely make it apparent to the boat ahead on which side it wishes to pass.*
- **The boat being overtaken must yield to the overtaking boat,** usually toward the bank on straightaways and toward the outside of curves.  
*If, in the opinion of the officials, insufficient room is given, a 30 second penalty may be assessed.*
- **However, no overtaking boat should press its right of way to the point of collision or forcing a boat into a dangerous position.**  
*Racing boats interfering with other racing boats will be subject to a 30 second penalty or possible exclusion from the race.*
- **If one or more rowers are ejected from a boat during a race, the affected crew must stop and remain with those individuals until all are safely out of the water.**
- **Respect for the safety of other competitors and equipment must be always shown.**  
*If, in the opinion of the officials, a crew is behaving in a dangerous or reckless manner, that crew may be excluded from its race.*



# Penalties

- Missing bowmarker at Start/Finish Line = 30-second penalty
- Interference or unsafe passing/racing = 30-second penalty
- Protest Fee = \$50
- Missing Bow Marker (not turned in to the recovery dock by end of event) = \$50
- Unsportsmanlike conduct = Disqualification
  - (includes foul language on land or water, failing to abide by race officials directions, etc., per official's discretion)
- Any person, who, in the opinion of the race organizers, is being abusive, uncooperative, or unreasonable with race organizers, volunteers, city officials or other team personnel may be excluded from the remainder of the day's events and asked to leave the park. Further penalties may be assessed in the event of extreme circumstances.

# Protests

- Any protests must be made in writing at the registration tent within 30 minutes of the race's published preliminary results.
- A \$50 protest fee must accompany a completed protest letter and will be returned if your protest is upheld.
- Protests will be forwarded to the chief referee for consideration.
- There will be no protests considered for broken equipment.
  - Once the crews enter the starting chute, they accept the start as is.
  - If there are problems with equipment, please direct your coxswains/crews to ask the race officials for help.
  - There will be limited boat parts (nuts, bolts, oarlocks, oar collars and wrenches) available at the starting area.

# Other Rules

## NO COACHES ON THE WATER

No coach is to be on the course in a launch during any race. Any coaches on the water will have their boat or boats disqualified.

## DRONE POLICY

To ensure safety of the crews and no interference with the races, the operation of drones is prohibited by US ROWING, with exception to those granted by the Chief Referee and the Regatta Director for official purposes and following specific regulations.

## SPORTSMANSHIP

All participants, coaches, and spectators are expected to exhibit good sportsmanship. Disrespectful language or behavior may be subject to disqualification from the regatta.

## CLOTHING STANDARDS

No strict uniform requirements. Costumes are welcome. If borrowing oars, please notify launch personnel for identification on the water.

# RECYCLING AND COMPOSTING

**AWARDED:** A grant through SWACO's [Community Waste Reduction Grant](#)

**GOAL:** Divert at least 25% of the weekend regatta's total landfill waste, reducing it from 40-cubic yards to 30-cubic yards this year.



## COMPOST KITCHEN WASTE:

- Table Scraps - including meat/fish/bones
- Cheese, eggs & Dairy
- Fruit & Vegetable Scraps
- Any foods cooked in oil/fats
- Pasta, rice, and grains
- Coffee Grounds/Filters
- Tea & Tea Bags
- Shells from Eggs, Peanuts, and Nuts
- Stale Bread & Baked Goods
- Paper Towels
- Compostable Service Ware

**PLEASE BE SURE TO RECYCLE:**

- **PLASTIC BOTTLES** 
- **PLASTIC CUPS WITH LIDS** 
- **CARDBOARD & PAPER** 
- **METAL CANS** 

**PLEASE:**

- **NO FOOD**
- **NO LIQUIDS**
- **NO STRAWS**

EMPTY DRINKS  
FIRST PLEASE!

OTHER COMMON HOUSEHOLD RECYCLABLE MATERIALS ARE NOT ACCEPTED FOR THIS EVENT

**SWACO**  
FROM WASTE TO RESOURCES

**RECYCLE EMPTY, CLEAN AND DRY PLASTIC BAGS, PLASTIC FILM AND FOOD WRAPPERS HERE**

- Grocery & Retail Bags 
- Case Overwrap 
- Bread Bags 
- Resealable Food Storage Bags 
- Produce Bags 
- Plastic Wrap (Saran/Stretch) 
- Bar Wrappers 

SCAN FOR MORE DETAILS: 

**18"x24" Rowing Posters  
will be for sale for \$15!**

